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**Forest  
 inspires art**

The Throwdown Collective's Mairéad Filgate, left, Zhenya Cerneacov and Brodie Stevenson perform in "The Sculpture Forest Re-imagined" on Wednesday, July 31 in Haliburton. The immersive auditory, visual and thought-provoking performance included local talents such as Bethany Houghton, Dark is Our Danger (Cedric Butz, Greg Luck and Ryan Dawson) and Scott Duggan and was presented by Dance Happens Here Haliburton in collaboration with the Haliburton Sculpture Forest and Haliburton Highlands Museum. See more on page 13. / DARREN LUM Staff

## Food bank numbers show where help is needed most

VANESSA BALINTEC

Staff Reporter

In Ontario, food bank usage is growing. According to Feed Ontario, in 2018, 507,977 people visited food banks across the province 3,033,970 times throughout the year, a three per cent increase over

2017. However, according to local food bank operators, food bank trends in Haliburton County tend to stay relatively the same year after year. It's normal for numbers to fluctuate up and down by small margins – the real question is who, why, and when.

In 2018, the Cardiff Food Bank saw 413 household visits compared to 2017's 359

household visits – about a 13 per cent total increase. However, this time last year, there was a cumulative total of 209 household visits, whereas this year's total sits at 200.

According to Cam McKenzie, the Highlands East Ward 1 councillor who's been involved with Cardiff Food Bank programs for close to four years, a year's

numbers can dip if clients leave the area.

"It isn't a change of economic good times here, unfortunately," said McKenzie.

In fact, McKenzie says certain situations particular to older age demographics prove to be a unique trend.

see FOOD page 4

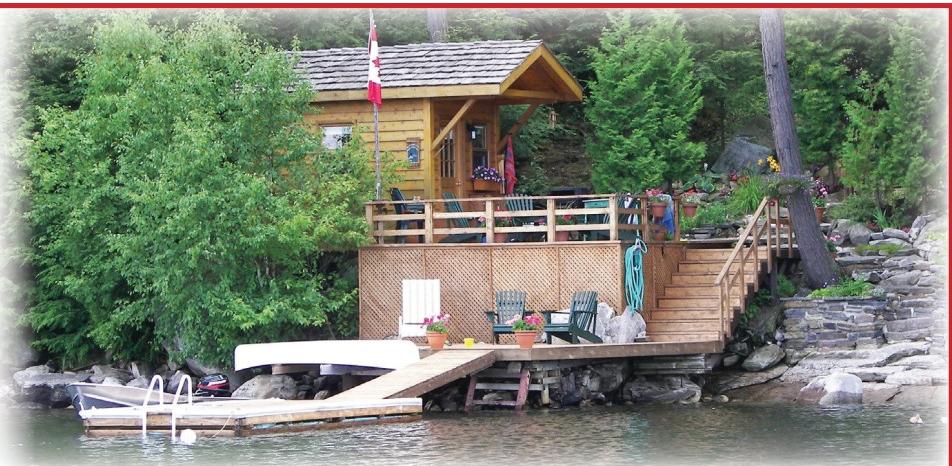
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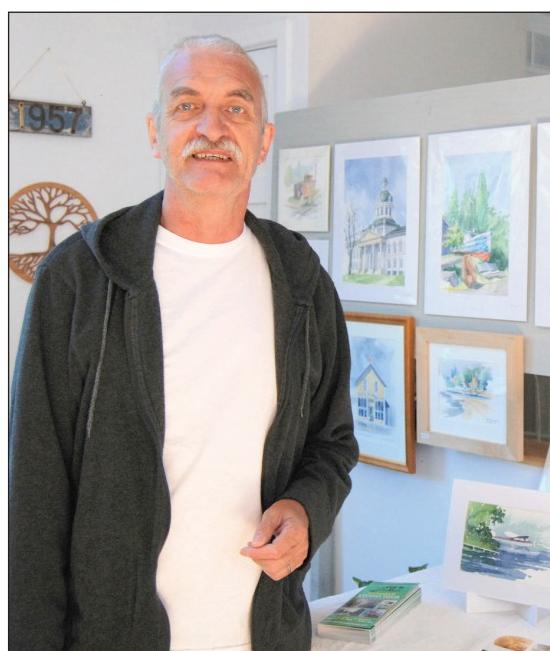


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Above, artist Laurie O'Reilly demonstrates how she creates her encaustic artwork by melting beeswax and damar resin using a flame during Tour de Forest on Aug. 4. O'Reilly's Artlore studio also featured her sister Colleen Ferdinand, who is a potter.

Right, some of the artwork on display at O'Reilly's studio. She currently has an exhibition at the Rails End Gallery in Haliburton called Earthscapes, on until Aug. 25.



## Studios open to the public for Tour de Forest

Above, local authors Marie Gage, Sharon Lawrence, Dave Skinner and Caroline Misner hold up some of their many publications at Studio D on the Tour de Forest circuit Sunday morning. The annual summer tour brings visitors to studios around the Haliburton Highlands.

Left, watercolour artist Terry Sullivan joined Tour de Forest for the first time this year, opening his Haliburton-based Keefer Street Studio to the public last weekend. Sullivan has been living in the Highlands for five years and has been painting watercolours for 30. He mostly paints buildings and landscapes and can take commissions. /JENN WATT Staff

# Health team proposal clears first hurdle

SUE TIFFIN

Staff Reporter

The proposed Haliburton Highlands Ontario Health Team has made it through the first round of self-assessments, according to an announcement on July 18 by the Ontario Ministry of Health and Long-Term Care.

The HHOHT, which brings together local health services organizations representing a full spectrum of health

services, responded to the ministry's call for the establishment of Ontario Health Teams in May this year.

According to a July 29 press release from HHHS, in collaboration with HHOHT partners, of 157 OHT self-assessments received, 31 teams have been asked to complete a full application and 43 teams, including the HHOHT, have been placed in the "in-development" category.

"According to the MOHLTC criteria these are teams that are close to being ready to submit a full applica-

tion and have demonstrated a high degree of readiness," reads the press release. "These applications will receive active and targeted support from the MOHLTC to get them ready for full application later this year. HHOHT's application demonstrated a high degree of commitment to a shared vision of patient and community engagement, governance and accountability and the partners will continue to build on these strengths as they move forward in the application process."

Earlier this year, the ministry announced changes it was making to the Ontario health system, including one integrated team of health-care providers working together for client needs; a medical record that both the client and health-care providers can access; and 24/7 help in navigating the public health system.

"Ontario Health Teams are being introduced to provide a new way of organizing and delivering services in local communities," reads the ministry's website. "Under Ontario Health Teams, the health care providers you see (including hospitals, doctors and home care providers) will work as one coordinated team – no matter where they provide care."

HHHS partners include Haliburton Highlands Health Services; Haliburton Highlands Family Health Team; Point in Time Centre for Children, Youth and Parents; Kawartha North Family Health Team; Midwifery Services of Haliburton-Bancroft; Extendicare; ParaMed and CarePartners.

"HHHS is delighted with the positive feedback and is excited to move to the next step of making a seamless health care experience in the Highlands a reality," said Carolyn Plummer, president and CEO at HHHS in the press release.

The press release states that the "HHOHT partnership would also be supported by affiliate organizations, who have indicated they expect to collaborate with the HHOHT as it develops; these include the Haliburton Family Health Organization and the Haliburton County Paramedic Service. Other supporters of the HHOHT proposal include the Haliburton-Kawartha-Pine Ridge Public Health Unit and Central East Seniors Care Network as well as the Peterborough Regional Health Centre and Ross Memorial Hospital."

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# Not your average folk: concert series unveils lineup

JENN WATT

*Editor*

Folk music isn't always played by a solo musician at the microphone strumming on a guitar; it can also include elements of hip hop, funk, blues and roots. The Haliburton County Folk Society's concert series this year aims to deliver a well-rounded lineup of musicians, with traditional folk sounds as well as ones geared to getting the audience on the dance floor.

"One of the things we've been aiming to do ...we're trying to broaden what people understand to be folk music," Sue Shikaze, co-artistic director of the concert series, said at the launch event at Canoe FM on Aug. 1.

This year's series includes two solo performances, a group and a duo as well as the annual Homemade Stew concert featuring local performers.

First up is Danny Michel, a singer/songwriter/producer/filmmaker whose most recent album was recorded on a Russian icebreaker in the far north with Canadian astronaut Chris Hadfield. Michel toured with Stuart McLean and the Vinyl Cafe and has been nominated for several Juno awards. He performs Friday, Sept. 20 at the Northern Lights Performing Arts Pavilion as part of Hike Haliburton.

On Nov. 9, a folk festival favourite, Irish Mythen, will be at the Highland Hills United Church in Minden. Originally from Ireland and now residing in Prince Edward Island, one of the artistic directors of the Mariposa Folk Festival said she was one of the top three most-requested musicians to return. "We are thrilled that she'll be joining and I'm sure she'll fill the church," Shikaze said.

Homemade Stew is planned for Feb. 1 and will be at the Northern Lights Performing Arts Pavilion.

The "multi-horn, multi-drummer, multi-singer, brass/funk/dance beast" that is My Son the Hurricane will be tak-



ing over the Haliburton Legion on Saturday, April 18. Room will be made for attendees to get out on the dance floor. "You cannot sit still listening to these guys play," said Shikaze, adding later: "I think this will be a great way to say goodbye to winter and blow into the spring."

The series wraps up with Big Little Lions on May 30, venue to be announced. The duo write songs long distance, with Helen Austin living in British Columbia and Paul Otten in Ohio.

"They are described as a blissful marriage of new folk and sophisticated pop packed with emotion and tight harmonies. I think they'll be really fun," she said.

Each year, committee members scope out potential new artists to bring to Haliburton through music festivals and Folk Music Ontario, which Barrie Mar-

tin describes as a "trade show for folk music."

From the hundreds of musicians attending FMO, members of the Haliburton committee each make their own list of their top 10, come together and work out the logistics of who to bring to the Highlands.

The folk society has been working to offer a broader range of experiences, hoping to attract more people to the shows.

"The folk society made a very conscious effort a couple of years ago to increase diversity in our audience especially," said folk society president Thom Lambert. "In that vein, we've increased the diversity of ... both what we offer and where we offer it."

In addition to broadening the definition of folk music, that means the committee has also chosen different venues,

Sue Shikaze, co-artistic director of the Haliburton County Folk Society's concert series along with Kate Hall, unveiled this year's lineup at Canoe FM on Aug. 1. Danny Michel, Irish Mythen, My Son the Hurricane and Big Little Lions will all be part of this year's series as well as Homemade Stew. /JENN WATT Staff

with some concerts in the sit-down format at the Pavilion and Minden church, while also planning shows for the Legion, which has more space for dancing, and the curling club for licensed events.

The folk society also organizes the Home Routes concerts, which take place at private residences in the county from October through May. They're currently looking for hosts for this year. You need to have space for 30 people and be willing to host the musicians overnight, and provide them with dinner and breakfast.

To buy individual tickets or a series pass for the 2019-2020 concert series, go to [haliburtonfolk.com](http://haliburtonfolk.com). Danny Michel tickets (\$25 for non-members, \$20 for members) are also available at Halco Electronics in Haliburton or On the Spot Variety in Minden.



**Red Hot Ramble wows crowd**

The Red Hot Ramble came to Haliburton back in 2014 for their first performance in the Highlands. According to Tim Hagarty, president of board of directors for Canoe FM and Glebe Park and museum committee member, the crowd was wowed by the band on their return visit July 27, with many requests to bring them back to the Highlands soon. /VANESSA BALINTEC Staff



The night gets funky on July 27 as Red Hot Ramble comes back to Haliburton for the seventh annual Jazz in the Museum. Eighty-four tickets were sold for the night, almost a full house while the band played at the Haliburton Highlands Museum.

# Food bank use fluctuates with the seasons

from page 1

"We have a lot of seniors here, and a lot of them own their own homes," he said. "Sometimes, a spouse dies and they're on their own, and they're trying to get by. CPP and Old Age Security, those two things don't provide a whole bunch of disposable income."

Joanne Barnes, manager of the Minden Community Food Centre, said seasonal jobs have the biggest impacts on food bank visits.

"In the fall and winter months, we average 225 families per month," she said. "In the spring, when summer jobs become available, our numbers drop down to about 100 families per month. So it proves if available, people are happy to have work and not have to come here. Starting mid-August, our numbers will gradually increase, and in August it's because kids are going back to school, and families have the need for helping to assist them for foods and lunch material. The numbers start to go up in August and continue to go up, and usually February is the peak."

The 2018 summary released by Central Food Network, the organization made up of Cardiff and Wilberforce food banks, shows that close to half of their 352 registered individual users were from vulnerable sectors – 28 per cent were under 18, while 20 per cent were 60 and over.

"I've seen a little bit of everything," said manager Ken Mott, one of the founding members of the Wilberforce Food Bank with almost 16 years of food bank experience. "We've gone from operating out of someone's basement to having our own spot. Definitely an increase in peo-



4Cs Christian Community Concern Centre chair David Ogilvie, and Judy MacDuff, treasurer and manager of the Haliburton-based food bank, organize soup cans before opening the food bank to clients on Aug. 1. /VANESSA BALINTEC Staff

ple that use it."

Often, patterns arise from the situations of the people who access food banks. People who are on social assistance or on old-age pension are more frequently food bank clients, while single-parent households along with single households, tend to access food banks more than double-parent households for reasons that food bank operators suspect are related to housing.

"Welfare for a single person is substantially less than for a couple or for a family, but your rent is the same," said David Ogilvie, Haliburton 4Cs chair. "If you're paying \$1,000 a month as a single, or \$1,000 between two people, it makes a huge difference with your total family income. As a single person, you have less money for food just because your rent takes a huge, huge amount of what they get."

According to the 4Cs' website, the number of families seeking food bank services has increased over the past couple of years, seeing more of the working poor finding access to food bank support.

"You start to learn that there's often a story as to why that individual is here," said Ogilvie. "Some of them are tough – it's hard to hear some of the stories."

Food banks across the county work together to supply each other with food and resources.

Typically, food banks go beyond supplying food resources and try to connect clients with other programs that may be helpful to them, such as Community Kitchen and Food for Kids, which provide food programming, and Heat Bank Haliburton County, which provides emergency firewood, hydro, transportation, and propane to those in need.

"We want to make sure that the help that we give is enough to get them going," said Ogilvie. "If our help is not able to get them out of where they are, translation is they need other help. We don't want to be a Band-Aid applying another Band-Aid to the situation. It's easier to slap on Band-Aids, but it doesn't solve the problem."

Although the 4Cs is able to fund its food expenses through revenue from the Lily Ann Thrift Store, donations make up a big part of their inventory.

"All of this, whether is Central Food Network, Minden, or ourselves, we're so, so, so grateful for all the initiatives. The support we get in donations is huge. We all live in an amazingly generous community, which all makes our lives at the food bank so much easier."

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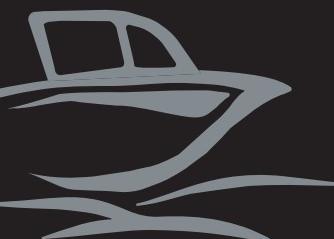
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# Child's play in Eagle Lake and West Guilford

CHAD INGRAM

Staff Reporter

New playground equipment at the Eagle Lake public beach and in West Guilford is installed and ready to be enjoyed.

Last year, the Municipality of Dysart et al received \$86,000 in grant funding from the Ontario Trillium Foundation, that money used toward the purchase of the equipment, which includes climbers, swings and slides.

There was a delay in some of the equipment being delivered due to a fire at the manufacturing facility, and the cold spring weather further delayed the installation. The grant funding covered the cost of the equipment purchase, with the preparation and installation work performed

by municipal staff.

"The municipality of Dysart et al is pleased with the outcome of this project and would like to thank the Ontario Trillium Foundation for providing the financial support to make this project a success," recreation program co-ordinator Andrea Mueller said in an email to the *Echo*. "Without the funding these playgrounds would not exist. We would also like to thank the staff for working so hard on this project. We are very fortunate to have a parks and recreation team who can install playground structures. If we had to source the installation to an outside company, the project costs would go up by 50 per cent. The playgrounds have been a hit since their installation and the residents of both communities are happy with the results."



Members of Dysart et al council, staff and some longtime Eagle Lake residents check out some of the newly installed playground equipment at the public beach in Eagle Lake. There's also a new swing set and double slide. The purchase of the equipment, along with some for the West Guilford Community Centre, was made possible through a grant for \$86,000 through the Ontario Trillium Foundation.



The Municipality of Dysart et al received \$86,000 in funding from the Ontario Trillium Foundation for new playground equipment, equipment that has now been installed at the West Guilford Community Centre and the public beach at Eagle Lake. Seen here is a group of children from Point in Time's Summer Adventure Day Camp enjoying the new tetra web climber in West Guilford. /CHAD INGRAM Staff



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# points of view



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*Forever in our memories: Creighton Fair*

## Asking the right people

**W**E LEARNED this week that food bank usage across the county is for the most part predictable, fluctuating with the seasons and as families move in or out of the community.

Hundreds of people access this emergency help, through centres across the county. Within our larger riding of Haliburton-Kawartha Lakes-Brock, nearly 4,000 people accessed the food bank in 2018; 1,355 were children.

Whether numbers are up or down depends on the time of year – with employment drying up in the fall for some seasonal workers – as well as personal circumstances. The loss of a spouse, for example, can drastically change one's economic situation.

But even though numbers haven't shot up in the Highlands, we can't accept that they remain steadily in the hundreds. We need to be working to reduce them.

How do we do that? As we can see in the article in the *Echo* this week, one place to start is to listen to the insights from those working on issues of poverty in this community.

Just in this one article, food bank staff and volunteers have highlighted the financial difficulties that can come from losing a spouse, being a single person (with or without kids) try-

ing to live on Ontario Works payments, and the importance of adequate housing options.

Each of these issues can be addressed in our community, through legislative change, charitable giving and in some cases (particularly housing), through the private sector.

We can't be content with current levels of need in our county. Solutions are out there, we need to listen to the right people and act on their recommendations.

### 24 hours

Ever wonder what's happening in Haliburton County at night when you're fast asleep? Who is working until midnight or coming in to work at 3 a.m.? Ever marvel at how many events and activities are all happening

on one day across a municipality more than 4,000 square kilometres?

We do, too.

This week, the reporters at the *Haliburton Echo* and *Minden Times* are going to be embarking on a project to capture images around the clock on one day – 24 of them. From the night shift worker to vacationers having fun in the sun, we'll be travelling the county documenting a sliver of the action one day in the Highlands.

Watch for our special section in next week's *Haliburton Echo* and *Minden Times*.



jenn  
watt

## Editorial



Water off a duck's back

by Darren Lum

## Tate

**I** LOVE GOOD FOOD. It is important to me on every trip and adventure that I go on. It is important to me in my everyday living. Life is just too short to eat bad food or drink bad coffee.

There is nothing like sitting with a group of friends and eating good food together. It starts every day off perfectly. Whenever I go camping, or to folk festivals or on any kind of trip I always take my own granola. It's the perfect breakfast and on those mornings that we eat breakfast out, it makes a great midday snack. It goes beautifully with fresh fruit, yogurt and or milk. It is easy to make and easy to pack. You can carry it on a bike, in a canoe, in a hiking pack, in the cooler or in a kayak! And you can enjoy it in the beauty of your own home! This recipe was passed on from a friend years ago, so I don't have the source. Here it is...

*Tales from  
the great*



lynda  
shadbolt

## Green meadow

2 cups raisins  
2 cups dried currants  
2 cups chopped and roasted almonds  
Anything else you like!

Mix the dry ingredients. Mix the wet ingredients. Combine and bake at 375 for 15 - 20 minutes... turning ingredients every seven or eight minutes. Cook to a nice golden brown.

Once you eat this you'll never go back to store-bought granola, and your friends will thank you. And you will have a delicious start for the day!

I have just finished my bowl of granola as I sit here writing this article. Jim and I are heading out into the garden to clean the last of our garlic crop.

We've been like the Shoemaker and the Elves this year. We pull our garlic (usually after dinner) and we put it on our table under our garlic shelter and let it sit for a few days. We usually clean our garlic in the mornings. This entire

week a little garlic fairy has come and cleaned it for us. We wake up each morning and the work is done.

The fairy is new to garlic gardening and is discovering how beautiful the bulbs are. She is loving the joy of the quiet work of gardening. The pleasure of the process of cleaning, but at the same time preserving the integrity of the layers of the skin around the clove.

This friend is currently working 100 per cent on a project that she loves and is passionate about. And takes a lot of her energy. She is using the garlic cleaning as her morning meditation before she goes out into the world and makes everyone laugh.

Thanks, Tate. You are a gem.

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- .5 cup pumpkin seeds

**Wet Mix**

- 1 cup maple syrup
- 3/4 cup vegetable oil
- Dash of salt
- 1 tbsp vanilla

**Extras (optional and be creative)**

# points of view

## Another thing I'm good for

**O**N FRIDAY NIGHT, after Midnight Madness, Jenn, our co-worker Debbie and me were talking when I suddenly noticed their eyes staring beyond me with looks of abject horror.

Their faces contorted. Their eyes nearly jumped out of their sockets. They raised their hands in front of their faces and high-pitched screams emanated from both as they dodged and ran around in circles.

I'm not very good at subtle clues, but I began to suspect something was amiss.

"Is everything OK?" I said. As if to answer that question, a fluttering darkness blotted out the light from the ceiling lamp.

"Yuck! Eeeek!" one of them articulated.

"Gahhh! Bleech!" added the other.

I turned, expecting to see the Creature from the Black Lagoon or, even worse, kale.

Instead Jenn yelled, "It's a bat! Yuck! Eeeek!"

But we quickly determined that while it was the size of a bat, it was actually a hawk moth.

"It's a moth!" I said.

"He's right; it's a huge moth! Gahhh! Bleech!" Debbie said.

Then, they looked at me and screamed, "Get it!"

I'm not an anthropologist but, it suddenly occurred to me that this is probably the very reason why ancient women decided to let men hang around in the first place.

I can even envision some ancient cave woman saying, "Sure, Grog farts, burps, and smells generally bad. And yes, he makes a mess in the cave, drinks fermented things and thinks he knows everything but he's really good at getting rid of moths and stuff. Gahhh! Bleech!"

This hypothesis was immediately supported by the fact that Jenn and Debbie suddenly succumbed to their natural instincts and began shouting directions on how to defeat the ferocious moth.

"Tackle it. Gahhh! Bleech!" one yelled.

"But don't hurt it! Yuck! Eeeek!" commanded the other.

It was at this point I also realized why polygamy never took hold in moth-infested areas.

In the next few seconds there were times I was chasing the moth and there were times the moth was chasing me.

Through it all, however, I was being instructed by both women who stood nervously several feet away, ready to close the door and sacrifice me to the great moth, should things get really out of hand.

In all of the commotion, the moth landed under the deepest, darkest part of the desk.

The women then gathered courage, pointed boldly to it, looked me in the eye and said, "Go get it!"

It was at that moment I began contemplating an alliance with the insect.

Instead, I said, "Get me a Tupperware container and a sheet of sturdy paper."

Perhaps one day when there is a civilian medal of heroism specifically awarded to those who showed exceptional valour when dealing with huge, belligerent moths, people will recount what followed.

Until then, know that I entered the darkness under the desk, understanding full well that this day might be my last – should the moth charge and cause me to bang my head on the drawer above.

I remember it in pieces. The dust bunnies. The darkness. The confined space. Seeing my reflection in the moth's multi-faceted eyes.

Since you were not there, I will tell you that I rebuffed its charges three times before finally subduing it with a Tupperware container. Then, I slipped the paper beneath the container and slowly slid the great beast out into daylight.

Once in the light, I rose with my vanquished adversary and said, "Open the door, for I mean to release my valiant foe."

They did so and as soon as I was out onto the veranda of the Echo, I heard the slamming of doors and the locking of locks. Then I released the moth.

And somewhere beyond the front door, I heard muffled conversation.

It sounded like "Yuck! Eeeek!" and "Gahhh! Bleech!"



## Loon Tales

steve  
galea



## pic of the past

**T**his week's Pic of the Past dates back to about 1930. It was taken at the trail station in Gelert and shows Andy Anderson, who was born in Sweden, the oxen Buck and Bright and two other men also from Gelert: J.B. Sedgwick and John Francis. This photo was previously published in the *Echo* more than a decade ago, courtesy of Myrtle (Francis) Walker and Marion Sedgwick.

## letters to the editor

## Tag Day smiles light up the Highlands

### To the Editor,

A few days ago I had the privilege of taking part in the Haliburton Hospital Auxiliary "Tag Day." This annual event provides a wonderful boost in auxiliary funds which are then used to purchase much needed equipment for the Haliburton Hospital. Tag Day is also a perfect opportunity for us volunteers to connect with so many of the wonderful residents and visitors in our community.

I am always touched at the generosity and kindness of our many donors. It's so gratifying when people smile as they give. This year I met a lovely woman who made a donation and then expressed concern for me and that I stay hydrated in light of the high temperatures we have been experiencing. She disappeared into the store and returned just a few minutes later with a bottle of cold water. A small gesture perhaps but it came from a huge well of kindness and compassion. Thank you, Heather.

There were many young families passing by and so often Mom or Dad would involve their young children in the actual giving, encouraging their little ones to put their money in the collection box. Almost every child smiled when thanked and I couldn't help but think what a wonderful life lesson in giving those parents had taught their child.

It's always so nice to welcome back the many summer residents who love our community as much as we permanent residents do. Almost without exception, the cottagers are a happy and enthusiastic lot, so delighted at being back at the cottage. Many cottagers, at one time or another,

have needed medical care at the hospital.

One donor shared that she had broken a bone just two weeks ago and couldn't say enough about the wonderful care she received at the Haliburton Hospital. We hear countless stories along that line from them and it truly spurs us on in our volunteer activities. I send my heartfelt thanks to all.

Judy Skinner  
Haliburton

## The Night Sky

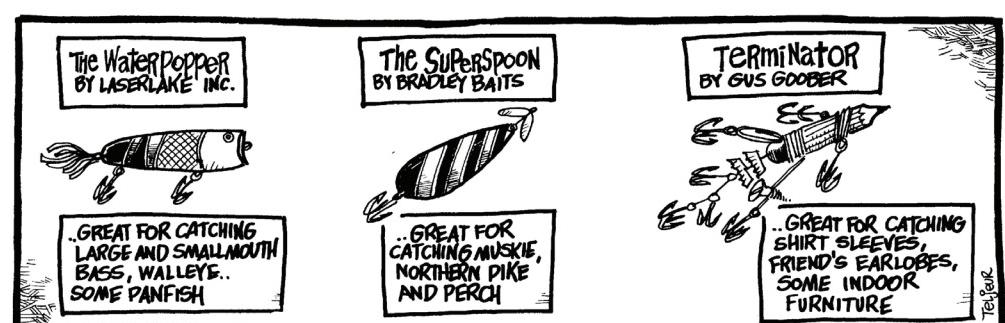
A visitor from space swept across the sky last week, a meteor. From the analysis of its path, pieces of it may have reached the surface of our planet dropping across an area near Cardiff. Also called a falling star, the meteors we see in the night are small, usually the size of a grain of sand. Some that blaze bright may be the size of a pea but every so often something a little bigger comes along and survives the collision with our atmosphere dropping to Earth. It is estimated that 44,000 kg of meteor material falls on earth each day, most of it no more than heavy dust.

The moon moves across the sky this week meeting up with Jupiter and Saturn shining in the south.

The Haliburton Forest astronomy program runs Friday nights July and August. Visit [www.haliburtonforest.com](http://www.haliburtonforest.com) or call 1-800-631-2198 for more information.

Brian Mould Haliburton Forest Observatory

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# Addiction stigma is never OK

**L**AST WEEK I shared the steps I took when I determined that my substance use was out of control. I sought out help through Four-CAST. For every person, like myself, who does reach out for help, there are countless who never make it that far. A big reason for this is the stigma involved in admitting that you have a problem. Stigma refers to negative ways in which society views people with addiction and mental health problems. In more general terms, it is the disapproval of a person because they are different from someone else.

Many who are suffering under the weight of the unending cycles of harmful substance use don't reach out for help because they fear how they will be perceived by others. When the Centre for Addiction and Mental Health (CAMH) asked those with substance use problems what the experience of stigma was like for them, they replied that they felt judged and labelled. They felt that others thought they should be ashamed of themselves and embarrassed by their behaviour. CAMH also said that certain groups of people are even more prone to negative societal attitudes. Those groups

include people who use injection drugs, women with children, those who are on social assistance and Indigenous peoples.

In our culture today we view racism as unacceptable, gender equality as a given, and homophobia as ignorant. How are we doing when it comes to stigma around substance use and the people that use certain substances? Alcohol consumption has been mainstream and widely accepted for many years. Someone drinking a beer at a sporting event or in a restaurant would not register on most people's radar, but an unwashed person sitting on a street corner drinking that same beer is somehow different.

Cannabis is now legal in Canada and so we must be prepared to smell that pungent aroma in a variety of settings that we wouldn't have previously been exposed to. I am not sure how many men in three-piece suits we would see on Bay Street in Toronto having a quick puff after work, but it would definitely be viewed differently than three 19-year-olds passing a joint in the park. In a party setting there is still the idea that using cocaine should be done in a private setting, because what would everyone think if it was out on the table

like a martini glass?

These are all examples of stigma. Stigma can create barriers for people struggling with their substance use. For instance, research has shown stigma to be a barrier to treatment-seeking behaviours among individuals with addiction. Research also shows that people who have felt discriminated against are more likely to report poorer health outcomes. In order to help eliminate stigma, all substances must be viewed as equal, and all those who use as equals. The one who is struggling with their substance use shouldn't be further marginalized, but instead encouraged to talk openly about their use without fear of being judged.

I was instrumental in bringing an Ontario Addiction Treatment Centre to Haliburton five years ago. At the time, I saw that people who lived in our community had to leave the area just to see a doctor to monitor their methadone program.

Instead of making a judgment about whether or not I deemed methadone to be a good alternative to other opioids, I helped connect people with the service that they needed. However, not all people in the community felt that this was the best solution. Instead of getting informed about the issue, learning about the purpose of a methadone program, and realizing that opioid addiction can happen to anyone, some people started to look down on the people receiving treatment through the clinic. Some of the statements that I have heard from people in the community about those using methadone as a way to get off street drugs were that these people are "meth-heads," "lazy," "welfare bums." When used in other contexts, these statements would be viewed as offensive, but when it comes to talking about people with substance use issues, these words can seem commonplace. Is it fair to reduce a person's worth, abilities and resources to one negative label?

Here is one for you. There is a guy who is married and has three kids,

owns his own home, two cars in the driveway, and works as a youth pastor, of all things. So, you would think he must be of good character. This guy gets up every day and goes to work and crushes up pills and snorts them right off his desk. Then, sometime after lunch he will go out and smoke some cannabis before heading home and drinking four or five double vodkas before laying his head down for the night. His last thought at night is about crushing pills in the morning and when he wakes in the morning it is his first thought. He hides all of this from everyone closest to him because he is terrified what would happen if his family and friends, his employer, his church family would do if they knew what he was doing. The cycle continues for months until everything is so far out of control that the only answer is to quit his job. The amount of guilt and shame that he feels pushes him to the brink of suicide. Thankfully he was able to admit he had a problem and got help, despite the many hurdles and the stigma.

That guy was me.

Next week I will talk about a few ways in which we can all begin to view those who are suffering from substance use issues in a new light. It is my hope that we can begin to reduce stigma and increase compassion and understanding for those living in this community. We are in need of a kindness revolution.

Reach me at [communications@hklndrugstrategy.ca](mailto:communications@hklndrugstrategy.ca). Follow us on Twitter @HKLNDDrugStrat and Facebook @HKLNDDrugStrategy.

*Nick Adams is the Media and Communications Worker for the Haliburton, Kawartha Lakes, Northumberland Drug Strategy. Through a series of weekly columns, Nick will discuss how the Drug Strategy is reducing the harms and stigma around substance use in our communities and will offer a unique perspective to the various weekly topics by sharing his own personal experience.*

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Above, Haliburton BIA president Luke Schell, left, presents Haliburton's reigning watermelon-eating champion Ryan Blair with his trophy following the watermelon-eating contest during Midnight Madness on Aug. 2.  
Left, members of the Haliburton Rotary Club grill up some beef on a bun for hungry visitors to Midnight Madness.  
/CHAD INGRAM Staff

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Data plans provided by AT&T or its local service provider. Credit card is required for purchase.



A construction worker searches the area for debris to be removed from the rubble and transferred into a landfill station. /VANESSA BALINTEC Staff



## Old school torn down

Last week, the original Haliburton continuation school was demolished at the north end of Haliburton at the S bend at Maple Ave and Hwy 118. Plans to turn the property into a retirement facility have been presented to council. The building had been vacant for years. /Photo by Steve Hill, Haliburton Highlands Museum

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# Sculpture Forest inspires



The Throwdown Collective's Mairéad Filgate, from left, Brodie Stevenson and Zhenya Cerneacov lie among the leaves, surrounded by people attending the Sculpture Forest Re-imagined 2019 performance on Wednesday, July 31 at the Sculpture Forest in Haliburton. This performance, which was an immersive auditory, visual and thought-provoking experience, included local talents such as Bethany Houghton, Dark is Our Danger (Cedric Butz, Greg Luck and Ryan Dawson) and Scott Duggan. This was presented by DH3 (Dances Happen Here Haliburton) in collaboration with the Haliburton Sculpture Forest and the Haliburton Highlands Museum and was a pay-what-you-can event. There were four shows held over two days./DARREN LUM Staff



Left, Brodie Stevenson, left, and Mairéad Filgate, hold each other. Above, the performance nears its conclusion on a dock on Head Lake. Bottom, Brodie Stevenson performs.



The Throwdown Collective's Mairéad Filgate is pulled by fellow dance company members Brodie Stevenson and Zhenya Cerneacov.



# Highlands Opera Studio: a national beacon for the art of opera

VANESSA BALINTEC

Staff Reporter

The Highlands Opera Studio didn't come to Haliburton County in 2007 with humble beginnings. With experienced mentors Richard Margison, a critically-acclaimed opera singer with 25 years of experience and the Royal Conservatory of Music's highest honour, the Honorary Fellowship, alongside wife Valerie Kuinka, musical stage director with the same amount of experience to match and performances all across North America, the non-profit organization has a high profile.

Despite this, Kuinka said that Haliburton may not know the value the program provides to the art of operatic theatre.

"It seems that we're going backwards in understanding the trained human voice and the expressive possibilities for the spirit," said Kuinka about the opera scene in Canada. "And what we offer to Haliburton is the performance of these young people, and I know I've had so many conversations over the years with local residents who don't like opera. And I say, well, I challenge you to give it a try."

According to Kuinka, applicants come from all across North America, and international applicants from Germany, England, and parts of Asia. Each year, they only take on 20 to 25 participants, helping to close the gap to employment for fledgling opera singers, that can often include pathways to symphonies, musical theatre and related streams.

"We are very competitive," said Kuinka. "The program is at an extremely high level – the people we do accept are not students. They're young professionals. The people that come to our program are looking for the top-level polishing."

Women in Opera: Then & Now musical director Jennifer Szeto is passionate about the opportunity this program provides professional opera singers to learn and grow.

"They make amazing connections here," said Szeto, who's working with HOS for the first time. I heard all



During opera rehearsals on July 26 at St. George's Anglican Church, Lauren Margison, left, sings as Sister Angelica to Megan Quick, cast as The Princess in *Suor Angelica*, a story of a young noblewoman forced to enter the convent after the birth of an illegitimate child. /VANESSA BALINTEC Staff

about it from my colleagues, because it's a program that many, many successful singers and high-level performers have gone through. It's filled with top-notch faculty and staff, it's free of cost to singers. Singers are endlessly opening their wallets to pay for training – this is one of the very few free programs that are here to train singers, and it's top level."

Often, the program helps expose participants to agents and connections within the industry. Many opera singers from Canada tend to branch out internationally, as opportunities in the country are sparse.

"A lot of our past participants have gone on to great things, and I say out of all the people that have gone through our program, a good 85 per cent are either making a full-time prominent career in the world of opera, or in a related industry, doing singing and teaching at a high level, or singing on a part-time basis."

The program brings in high-profile guest mentors to work one-on-one with the participants and give a glimpse into the realities of the industry. Notable guest mentors include the likes of past director of music administration for the Metropolitan Opera of New York City John Fisher, who's visiting this summer's participants.

Kuinka and Margison run this free program as a means of giving back to the small community of opera, but funding is often the biggest obstacle they face each year.

"It costs about \$10,000 per participant," said Kuinka. "We do our best to subsidize the best that we can for international students and offer the program free of charge to worthy Canadians. Fundraising is the ongoing biggest challenge."

Micah Schroeder, who appears in HOS's *Ariadne Auf Naxos*, grew up in British Columbia and took the program last year.

"Most programs you get a couple of different things," said Schroeder. "You get education, from faculty and staff and from the learning experience of being in an opera, and you also get experience. And you also meet other singers, you make connections with other people who work in the industry, and they may connect you with other people. It can be sort of a springboard to start things."

HOS provides the chance to sing in front of agents, which is what Schroeder calls invaluable.

"It doesn't necessarily lead to something, but getting the chance to sing for agents and get their feedback is super helpful because we don't really get that chance often," said Schroeder.

This year's operas put heavy emphasis on women in opera, who Kuinka and Szeto say aren't represented in the opera scene as often.

"This season is dedicated to women," said Kuinka.

A panel after the Women in Opera show, which includes three story lines and begins at 8 p.m. on Aug. 15 at the Northern Lights Performing Arts Pavilion, will be available after the show for a chance for the audience to engage with the artists. The *Ariadne Auf Naxos*, an exploration about the various psychological archetypes of women, will be showcased at two different times at the Northern Lights Performing Arts Pavilion at 7:30 p.m. on Aug. 22 and 26, and 2 p.m. on Aug. 24 and 25. Tickets are \$37.50. For more information, visit [www.hIGHLANDOPERAUDIO.COM](http://www.hIGHLANDOPERAUDIO.COM)

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There will be a mandatory site meeting held on Monday, August 12, 2019 at 10:00 am with the proposals completed and returned by Tuesday, August 20, 2019 at 2:00 pm.

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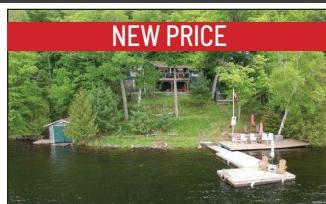
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- 3 Bedroom updated home
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**Eagle Lake \$668,900**

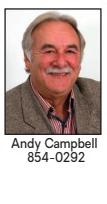
- 4 season, open concept, walkout to large deck
- Panoramic views, waterfront deck & dock
- 3-bedroom cottage, bunkie with separate 3 pc bath

**Private Retreat \$139,000**

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- 1400 St Ft, 3 bedrooms, year-round
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- Just 2 minutes from Carnarvon!

**Kennisis Original Charmer \$539,000**

- 3 season, 3 bdrm, enclosed porch & open deck
- Point lot, level at cottage, septic good, WI/FI
- Deep water & sand entry, views!, cabin/storage

**Silver Beach Townhouse \$515,000**

- Apprx 2765 Sq. Ft, Open Concept
- 3 Bdrm, 3 Bath, Custom Kitchen
- Insulated Attached 2 Car Garage, Elevator

**Gull Lake \$399,000**

- A Gull Lake Classic Cottage From Long Ago
- 3 BR main w/ Bunkie, Rec Hall and boat house
- 110' of sand beach, Great S/W Exposure
- A rare opportunity to be a part of Gull Lake

**Brady Lake Lot \$124,900**

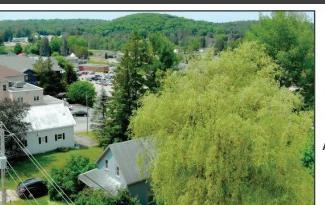
- Western Exposure for sun all day
- Dead end road between Property & Lake
- Partially owned waterfront
- Stunning water views

**Eagle Lake Village \$449,000**

- Country Home 10 min from Haliburton
- 3000+ sq.ft, 4-Bedrooms, 2 baths
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- Ideal commercial rental space on the main level
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- Separate hydro meters, recently renovated

**Rare! Lakefront Acreage \$579,900**

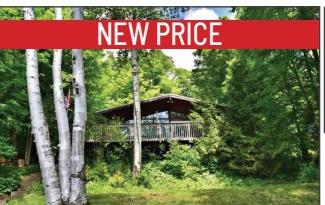
- Awesome 2-Lake chain (Long & Miskwabi)
- 650' frontage and 50+ acres
- Traditional 3 season cottage with hydro

**Kashagawigamog Lake \$449,000**

- Open concept 2 level home or cottage
- Lovely waterfront for swimming or boating the entire 5 lake chain system

**Black Lake \$429,000**

- WAO, 1400 sq. Ft log cottage 3 bedroom, Private location, short boat ride

**Diamond Lake \$425,000**

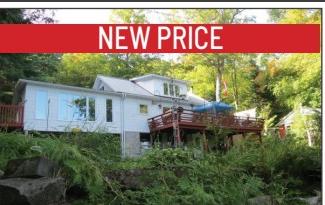
- Amazing waterfront! Sand Beach, Deep water off dock
- Charming 3 Bedroom cottage, private setting
- View of Crown land & jumping cliffs, ATV Trails access,

**Close to Spruce Lake \$527,000**

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**Rare Listing \$649,500**

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**Hunter Creek Estates \$124,000**

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# Dinner on the Dock rolls out a welcome mat

SUE TIFFIN

Staff Reporter

The last day before vacation often requires so much energy, it's a good reminder of why a vacation is necessary: squeezing in everything that can be done in the office before packing bags, loading the car with kids, pets and everything else that might be needed, dealing with traffic and more bathroom breaks than you intended and then unpacking it all in order to finally relax. The last thing most visitors want to do once they get to the Highlands is cook.

This week, the Dinner on the Dock program was launched by the county to promote an easy meal available locally.

"We wanted to start a program that would convince folks that they don't need to eat fast food on their way to the cottage, or to any of the other amazing destinations that we have here in the Haliburton Highlands," said Thom Lambert, food tourism facilitator. "Our sense was, you know, the cottage means so much to people, why not make that very first dinner a really good dinner?"

So far, seven restaurants and food providers are involved in the program, offering take-out, pre-ordered, ready-to-eat or ready-to-heat meals.

"We called it Dinner on the Dock

because everybody knows what that means, everybody knows that that's a destination in the Highlands," said Lambert. "We're also marketing it to folks who might be going to all kinds of different places; they might be going to a campsite, they might be going to a friend's house, they might be going out for an overnight camp on one of our beautiful lakes, and there's no reason they shouldn't be able to eat really good food when they go do that."

High-quality food is being made from scratch in a lot of good kitchens all over the county, Lambert said, but not everyone will think of to-go options available at some of their favourite dine-in spots. The program promotes what is already out there, or gives restaurants and food providers the chance to offer something new, but Lambert acknowledges Dinner on the Dock was rolled out at a time when the local food industry was managing their busiest season and said the program will continue throughout the year with anyone able to jump on board when ready.

"People in the food industry are so busy that they have a difficult time stepping outside of their own reality," he said. "They want to collaborate but it's just finding the time and really, we're hoping a program like this just opens it up and says, you know, there is a connection between your restaurant or your kitchen and everything that's happening in the

“

*The cottage means so much to people, why not make that very first dinner a really good dinner?*

— Thom Lambert  
Food tourism facilitator

Highlands."

The launch of the program last week was met with great success, according to Lambert, who said the social media response had over 10,000 hits in the first 24 hours.

"You can imagine, it's quite a challenge just to get to the cottage, and you can just imagine being able to stop, grab your dinner ... and you just roll into the cottage and boom, you can just relax, you can open your bottle of wine and have a cold beer and have a really lovely home-cooked meal on your very first night at the cottage," he said.

The program is on offer, of course, to local residents too, who might want to beat the heat or take a break from preparing a summer meal for family or visitors.

"There's always that Friday or Saturday where you're just like, oh man, it's really hot, I don't want to cook, let's go to Rotary Park down in Minden, and on the way, let's pick up dinner at one of the

participants of Dinner on the Dock," said Lambert.

Restaurants and food providers from throughout the county are represented.

At Abbey Gardens (1012 Garden Gate Drive, Haliburton), meals are available for two or four people by calling ahead. AM/PM Outdoor Gourmet (4071 Elephant Lake Road, Harcourt) offers fresh 'Grab and Go,' barbecue take-out, custom catering and outdoor adventure food. Baked and Battered (128 Highland Street) is serving up fresh-frozen cottage meals and soups, healthy power bowls and fish and chips. The Cookhouse (1095 Redkenn Road, Haliburton) can offer their entire menu as take-out. Molly's Bistro Bakery (170 Bobcaygeon Road, Minden) has at the ready an extensive menu of from scratch, prepared meals to go, as well as take-out. Rhubarb (9201 Hwy 35, Caruarun), has farm-to-table upscale food to go. And South Algonquin Diner (2269 Loop Road, Wilberforce) offers diner-style homemade meals and desserts available for take-out.

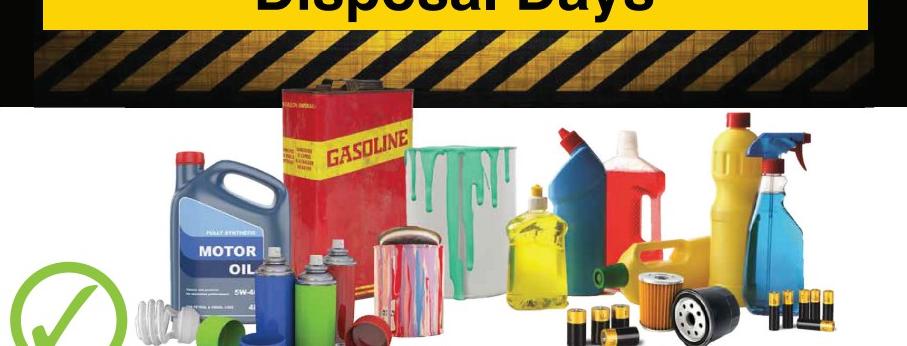
"We really hope that one of the things we're doing is get rid of the need to walk in the place and sit around and wait for 15 minutes for your food," said Lambert. "A lot of these places are doing online ordering, and I know several other places do. We're really hoping that it will be something a little more convenient and focused than regular take-out."

The program's marketing will change with the season, as summer turns into fall, marketing to those headed to hunt camps.

"If you think about the hundreds of

see MEMORABLE page 17

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#MY Haliburton HIGHLANDS

# Memorable food for memorable places

from page 16

people who are driving up here, hunt camp is a beloved place to people," said Lambert. "As the tagline for this program is memorable food for memorable places, for a lot of people, a hunt camp is one of the most memorable places that they grow up going to. They spend a lifetime going up there with the same group of guys, and we're going to say to them, why not take some really great home-baked lasagna, or pick up a complete dinner for your first night at the hunt camp."

In the winter, the marketing will shift to the snowmobiling market.

"My absolute dream for something like this is that sometime in the fairly near future people will be delivering gourmet meals to people by snowmobile in ice huts," said Lambert. "You think, you can eat pepperettes and a sandwich that you picked up somewhere, or you could be waiting for someone to knock on the door saying hey, your hot lunch is here. We really think that's where we are with food in the county right now, and something like that that sounds like a pipe dream, we really believe that it's just a nudge away."

Lambert said the idea for Dinner on the Dock was based on a model created by Michelle Delaire of Sage on Hwy 35 at Halls Lake. Though her pre-ordered prepared meal Friday Supper Club is not being offered this summer, Lambert said it sparked inspiration for him.

"I would watch her all summer, she'd announce what her dinners were and it seemed like three hours later she was announcing that she was sold out," said Lambert. "I really have to give a nod to her, that she came up with a great idea, and I kind of looked at that and thought, you know what, we could do that county-wide."

The Dinner on the Dock program hopes to highlight what's already there, increasing revenue for people that are already in operation without them having to create something new, but also be an incubator program encouraging small operators with access to commercial kitchens to take orders over social media on Wednesday for pick-up on Friday. Lambert notes that everyone is participating in a different way, in a way that works for their business.

"Small entrepreneurs have to be creative to make it work, and our job is to kind of create the fertile ground for those really creative ideas to find success and we really hope that that's what this program is."

Besides cottagers and local residents, Lambert said the program works well for those on their way to a canoe trip, or ATV'ers who want a home-cooked trail lunch, noting Dinner on the Dock reaches out to a different market.

"It also feels like it's just us as the county throwing out the welcome mat, and saying to people, we know what you go through to get up here, and we really

appreciate you coming to our corner of the world, and here, why not have a great dinner while you're here," he said.

To learn more about the Dinner on the Dock program or plan for dinner, visit [myhaliburtonhighlands.com/dinner-on-the-dock](http://myhaliburtonhighlands.com/dinner-on-the-dock).

To participate in the program as a meal provider, contact Lambert at food.tourism.hh@gmail.com.

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we really appreciate you  
coming to our corner of  
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— Thom Lambert

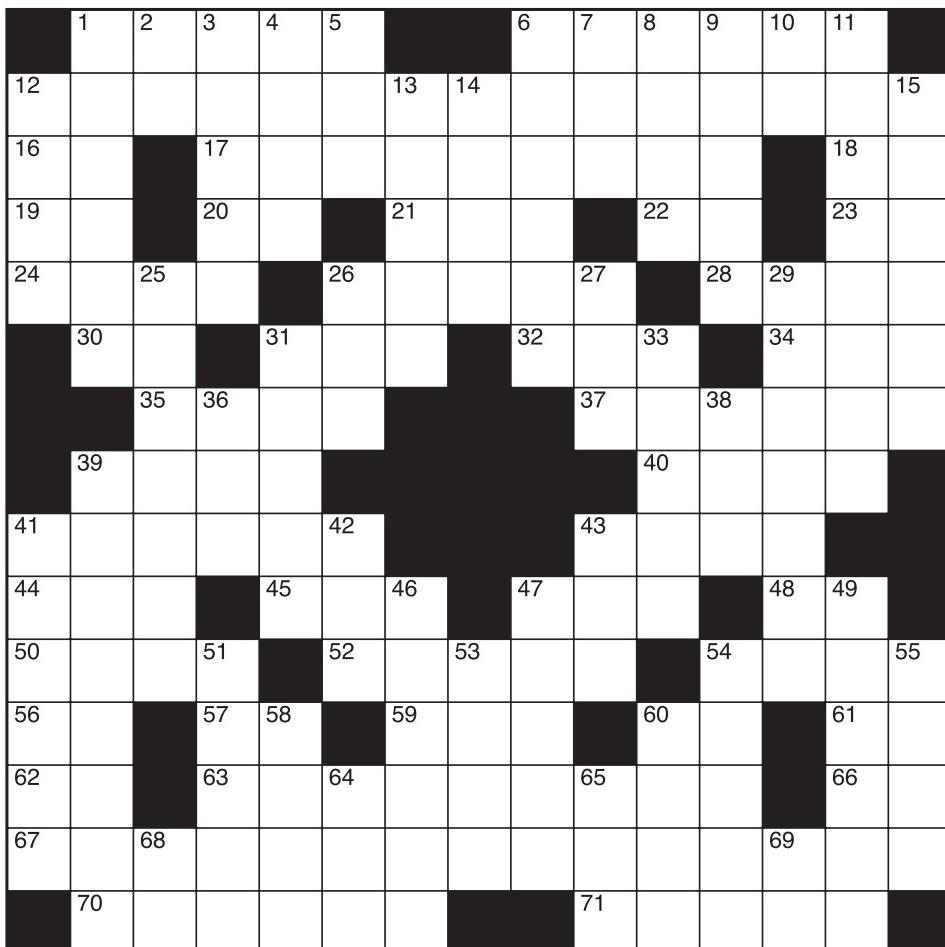
### Trying their luck for charity

Participants and game dealers enjoy themselves as a game of craps continues. The casino fundraiser event brought in \$11,000 for programming at Abbey Gardens, with help from sponsor Curry Chevrolet Buick GMC. /VANESSA BALINTEC Staff

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**CLUES ACROSS**

- Adventure stories
- Amphetamines
- Extend the limits
- Article
- Socially disoriented
- Gold
- Part of the mind
- "Rubber Band Man"
- rapper
- Take by force
- Football position
- American cola
- Risk management plans (abbr.)
- Narrow channel on the moon
- Semitic alphabet letter
- Dorm employee
- Dessert dish
- A street where nightmares happen
- For each
- Fat from a pig
- Easily altered
- Salvador \_\_\_, Spanish artist
- The last CEO of Sears
- One who lades
- Russian pop duo
- Fictional free city of Essos
- Cool!
- Strong liquor
- Rural delivery
- Brews
- Compound found in

**CLUES DOWN**

- hops
54. Where golfers begin holes
56. Third note of a major scale
57. City of Angels
59. Snag
60. Exclamation of surprise
61. Controversial retired wide receiver
62. For example
63. Free to use
64. Carson's sidekick
65. Pirate saying
67. Convulses
68. Semitic gods
25. Feeling of discomfort
26. Get free of
27. Unit of measurement
29. A person who enjoys good food and drink
31. Violin maker
33. Noted psychotherapist
36. Complete
38. Ballplayers' tool
39. Afternoon illumination
41. Points a finger at
42. Moved quickly
43. \_\_ death do us part
46. Blue jeans
47. French Jesuit theologian
49. Dissuades
51. Eastern European peoples
53. Abnormal rattling sound
54. Air-breathing land snail genus
55. Turfs
58. Farewells
60. \_\_ mater: one's school
64. They \_\_
65. Baby's eating accessory
68. Priestess of Hera
69. Type of railroad

Answers on page 22



Casino Night participants partake in a game of black jack as the night grows late. According to Heather Reid, head of operations at Abbey Gardens, about 65 people came out for the event in this, its second year.



Haliburton resident Barb Bolin and Eagle Lake cottager Todd Van Parys take a closer look at the solar lights available for the live auction



Eagle Lake cottagers Lorie and Roy Ralph along with Moose Lake cottagers Gabrielle and Steven Ploeger enjoy a break from the games with some drinks available at the bar. Alongside food and drinks, the venue featured a waffle station for guests to enjoy.

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# Haliburton Forest hosts first gravel race

DARREN LUM

Staff Reporter

This September there will be a series of firsts at the Haliburton Forest Wild Life Reserve.

From the Forest's first ever gravel bike race, dubbed the 8 Hours of Hurt'n in Haliburton, to its first-time organizer, Marc Sinclair.

Sinclair was inspired while vacationing at the Forest, where he envisioned a gravel race at the 100,000-acre property with 100 lakes.

"There has to be something here. There has to be a race here. It was just too good for the community to not know about it so I think that really sparked my interest," he said. The property has on-site accommodation, food, and gated access to the road, limiting vehicular traffic.

The event, scheduled for Saturday, Sept. 14, offers a unique gravel race experience unlike anything in Ontario. "You're not going to be riding on public paved roads or through farming communities like you would expect in a typical gravel race. This is going to be in the middle of the forest. You're going to be riding past beautiful lakes and vistas, some steep gravel climbs, some blind back corners. It's going to be a fun event in that regard ... it's an opportunity for family, friends and spouses to all ride together in an environment that typically would not in a standard gravel race," he said.

There are few if any other relays, as far as gravel races go in Ontario, he said.

The race includes a 27-kilometre course loop and is held at the start of the cyclocross season, and the end of the seasons for road and mountain biking in Ontario. Racers are often looking to extend their season, he said.

One of the objectives of the race is to complete as many laps in eight hours, whether as a solo rider, or in relay teams of two (duo category) or three (trio category).

Every competitor will race the course, but their experiences will be different depending on which category they select. For solo riders, it's about a personal challenge; for two- and three-person teams, it's a relay race, which provides for an adventure, team or family experience.

Sinclair, who is a passionate cyclist, is drawing upon his more than 10 years of cycle racing across many cycling disciplines and the support of the community to make this race a success.

"I've become quite calibrated to what is appropriate and what is not and, again, the relay races are so good for that ... [if] you need to take a break because you're getting frustrated you can and then you can pick up the race when you want or you could tag in your buddy so he can share in the pain. I think it's such a flexible format for that," he said.

The course route includes enough features to appeal to a broad spectrum of competitors with varying levels of cycling abilities.

"Cyclists often look for challenges so the course has 330 metres of elevation, which is not insignificant and not

insurmountable either. Being 27 kilometres, it's enough to challenge those people who maybe go for a couple of rides of the year," he said.

Sinclair said there is reward that comes from completing a physical challenge, specifically referring to the solo riders.

"It's painful while you're doing it and you question yourself several times, but the minute it's done you have this sense of relief and accomplishment," he said.

Sinclair said there's potential for this to be an annual event. The support from the Forest and the area businesses have been great so far, he said. It's made him aware of how continued annual support would give a "community feel to this race and make it feel like a festival or something people will attend not only to race, but to experience what the local community has to offer as well."

The first-time organizer said Haliburton Forest's Tegan Legge welcomed the idea right away.

Legge said this race will bring people not only to the Forest, but also to the Highlands.

"We love races. We love people coming out and seeing our property and enjoying the trails. It's seems like an easy format of a race, but really exciting and a cool event. It's partly getting people here and showing them what we're about," she said.

"It's not what it just means for Haliburton Forest, but what it means for the community," she said. Although

see EVENT page 21

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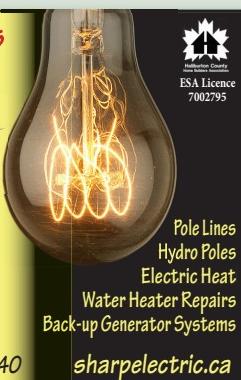
  
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# Event likely to raise profile of Forest, and the Highlands

from page 20

there is on-site accommodation, some racers will need accommodations elsewhere.

Legge said before Sinclair presented his plans, she didn't know much about gravel riding.

That said, she adds, the 400 kilometres of riding includes the gravel roads and were considered easy trails for mountain bikers. Increased social media posts about trail running has garnered public interest in the Forest, which is something Legge believes could happen with gravel riding.

Sinclair said mountain bikers are already familiar with Haliburton Forest trails, but this event will help to raise the profile among those who want to ride gravel roads.

There are now bicycles designed specifically for gravel riding. A gravel bike is a hybrid of sorts, a cross between a road, cyclocross and mountain bike. It looks like a road bike with its combined brake-shifter levers (known as brifters) curled handlebars that are wider and sometimes flared at the bottom bar ends for greater stability, but has a frame that allows for powerful hydraulic, disc brakes, greater

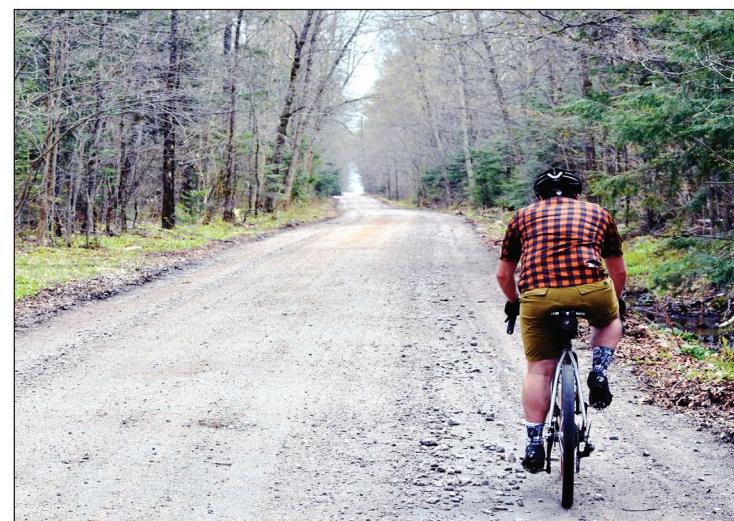
clearances for lugged tires (some up to 40 mm wide) similar in width to what mountain bikes would use. Endurance is an element of gravel riding so instead of tight geometry like a cyclocross bike, it has a more relaxed setup for comfort to cover greater distances instead of cyclocross races, which typically only last a little more than an hour. The gearing is also set up for riding up and down steeper grades on off-road in loose and on uneven surfaces.

The cost for registration, which includes male, female and mixed categories, is \$79 for solo, \$139 for duo and \$199 for trio. Sinclair said the course is suitable for gravel, cyclocross and mountain bikes.

As traffic will not be restricted from the course, racers are being asked to share the road with other users and abide by the Ontario Highway Traffic Act regulations.

Users are also being asked to use a certified helmet and to not use ear buds or headphones while on course. Other suggestions include using tires measuring 32 mm wide or greater.

The course is a mix of hard packed and loose gravel. No motorized bicycles are permitted. The course will have three aid



The Haliburton Forest Wild Life Reserve is hosting its first gravel bike race, 8 Hours of Hurt'n in Haliburton, on Sept. 14 at its 100,000 acre property. The race offers solo and relay opportunities as pair and groups of three. See [www.valleyworks.ca](http://www.valleyworks.ca) for more details. Photo submitted.

stations (snacks, small assortment of tubes and tools) located evenly on the course.

Accommodations are available on site, whether group camping or in one of the Forest's cabins.

There is no electricity, but washrooms and showers are available for campers.

See [www.valleyworks.ca](http://www.valleyworks.ca) for more details.

Sinclair said there is an aspect of gravel riding that sets it apart from other racing disciplines.

The philosophy of gravel cycling is it's "more about the adventure than the race."

"More about the ride and riding with your friends and family versus a very competitive environment," he said.

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### "Rock Our World," Haliburton Highlands Land Trust Fundraising Dance

Where: Haliburton Legion, 719 Mountain St, Haliburton

When: Friday, Aug. 9

Time: doors open 6:30 p.m. to 11:30 p.m.

Admission: early bird \$30, after July 9 \$35

Gather your friends and come out to support the HHLT for this evening of fun and dancing! Enjoy the opening band, "Nick and Benton" and silent auction to start, then live music by "Jamie Williams Entertainment" until 11:30 p.m. Enjoy appetizers, entertainment, and a live auction! A great time for all! Funds raised will go towards protecting the land you love for future generations. For tickets go to [www.haliburtonlandtrust.ca](http://www.haliburtonlandtrust.ca) or phone our office at 705-457-3700.

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Friday, Aug. 9, 6 p.m., Saturday, Aug. 10 9 a.m. to 4 p.m.

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### Summer Speaker: Dr. Dan Longboat

When: Saturday, Aug. 10, 7 p.m.

Where: Minden Community Centre, 55 Parkside St, Minden

What: Summer Speaker Event, Dr. Dan Longboat: "A Way of Life: Indigenous Knowledge to Sustain the World"

Cost: \$15 at the door or online at [www.environmenthaliburton.ca](http://environmenthaliburton.ca). For more info: 705-854-3355

### Canning Lake Association: Ice Cream Float Day

When: Saturday, Aug. 10, 12:30 to 2:30 p.m.

## CROSSWORD ANSWERS



# Workshop to help caregivers avoid burnout

JENN WATT

Editor

Our communities and our health-care system relies on unpaid caregivers – the spouses, adult children, friends and neighbours who step up to provide care for loved ones.

Sometimes, that help can stretch on for months or years, become a full-time job for some, and cause the caregiver additional stress.

"The stress you're experiencing having to watch that person and make sure they're safe, that's where the struggle happens, emotions and all that stress. It's about chronic stress, really," said Melissa McNamara with the Central East Local Health Integration Network.

McNamara is organizing a free six-week workshop called Powerful Tools for Caregivers starting Aug. 27, which meets every Tuesday for an hour and a half in Haliburton.

"It's for any caregiver, but what we're trying to do is avoid the burnout," she said.

McNamara described burnout as "total physical and emotional exhaustion," when the caregiver feels overwhelmed by day-to-day activities, and enjoyable things no longer bring joy.

In the beginning, caregivers might tackle their new challenge in the way they handled tending to a child home with the flu: staying home and dedicating all of their time to look after them. But over time, this level of exertion can cause problems.

“

*It's for any caregiver, but what we're trying to do is avoid the burnout.*

— Melissa McNamara

"A lot of times what happens is caregivers get so overwhelmed by what they're doing and become burnt out that they become ill themselves," she said.

Powerful Tools for Caregivers gives attendees permission to take care of themselves and learn the skills they need to manage the situation, things like how to navigate conflict and protect your own boundaries.

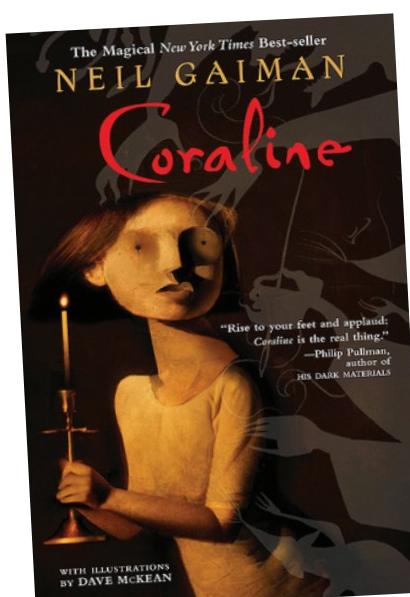
McNamara said organizers with the Central East LHIN noticed several years ago that there wasn't enough being offered for caregivers and she and a colleague travelled to the U.S. to train in the caregiver support program.

"We're actually the first organization in Canada to deliver this workshop," she said.

Workshops have been delivered within the region, but never in Haliburton.

The workshop (and accompanying workbook) is free, paid for by the Ministry of Health and Long-Term Care, and can accommodate up to 12 people. This workshop is geared to adults taking care of adults, though those who care for children with complex needs could also benefit. Scenarios addressed include things like downsizing, having discussions on long-term care, and when it's no longer safe to drive.

Powerful Tools for Caregivers runs every Tuesday from 1 to 2:30 p.m. from Aug. 27 to Oct. 1 at Haliburton Highlands Health Services, Haliburton site in the Ruth Parkes Room. Pre-registration is required. Call 1-866-971-5545 or visit [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca).



## Book of the Month - August

Authors to Actors Coraline by Neil Gaiman

Coraline Jones isn't sure how she feels about her new home. "The Pink Palace" apartment complex is different from what she's used to (one big old house split up into pieces) and her new neighbours are a bit odd. But then she finds a door that may, or may not, lead to a brick wall... and after that, everything changes.

Winner of a slew of awards for both page and screen, Gaiman's story, adapted to film using stop-motion animation by Henry Selick, is a dark and fantastic adventure. Each iteration has a different feel, and even slightly different characters, but the message in this tale remains clear: Appreciate what you have. You never know when you might lose it.

Both versions are available at HCPL, with a young Dakota Fanning voicing Coraline in the film. Why not check out both and see which you like better?

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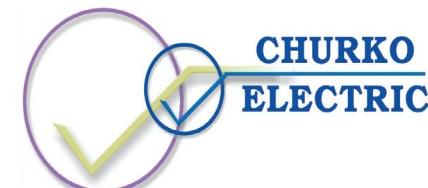
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## 540 COMING EVENTS

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Calling all grade 12s who were at Hal High in the late 70s... come on out for a stroll down memory lane and an evening of fun. HHSS teachers of the 1970s, come on along! Find out what everyone's been up to these last 40 years or so.

The BBQ and dance will take place at Sir Sam's Ski and Bike on September 28th. Tickets are \$60.

Contact Steve Colliver at youngerin76@gmail.com or 705-340-1753 to sign up.



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**Shh!!**

It is a Surprise Birthday Party for Ian Coltman  
**Sunday August 11, 2019**  
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 The cake will be served at 2:30  
 Location: Minden Legion  
 See you there!



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## 650 OBITUARIES

## 650 OBITUARIES



**Ronald 'Ron' Owens**  
 (Resident of Haliburton, Ontario)

Peacefully in his sleep at Haliburton Hospital on Tuesday morning, July 30, 2019 in his 84th year. Cherished husband and best friend of Dorothy Owens (nee Cowie). Loving father of Jan (Mark), Rick (Karen), Steven and Brad (Ashley). Loving Granpa to Sarah (Lance), Alex, Chelsea (Mitch), Ben and Simon. Dear brother of Garry (Romana) and Brian (Karen). Also lovingly remembered by his nieces and nephews. Ron worked as a Communications Manager with Bell Canada for thirty years. He loved woodworking, stained glass, carving and helping children with projects. He was a Big Brother for many years. Ron was a member of the Minden Amateur Radio Club.

**Visitation, Celebration Of Life & Reception**

Friends are invited to call at the **HALIBURTON COMMUNITY FUNERAL HOME** 13523 Hwy. #118, Haliburton, Ontario (705) 457-9209 on Saturday afternoon, August 10, 2019 at 2 o'clock. (Visitation one hour prior). Reception to follow in The Community Room. As expressions of sympathy, donations to the Haliburton Highlands Health Services Foundation and SIRCH Community Services would be appreciated by the family.

[www.communityfuneralhomes.com](http://www.communityfuneralhomes.com)



**Fred Morgan**  
 (Resident of West Guelph, Ontario)

Peacefully at Haliburton Hospital on Sunday morning July 28, 2019 in his 87th year. Beloved husband and best friend of the late Gayl Morgan. Loving father of Debbie (Jeff Burgess) and Gregory. Fondly remembered by his grandchildren Amy, Daniel, Haley, Brett, Jarrett and

Wyatt. Predeceased by his parents Nathan & Margaret Morgan, his brother David (2003), his sister Ruth (2006). Also lovingly remembered by his sister-in-law Diane, his nephews Rodney (Debby) and David (Sherry). Fred joined the Royal Canadian Air Force as a Test Pilot for Flight Instrumentation and was stationed in Saskatoon, SK where he met the love of his life Gayl. They married on July 23, 1955 and then transferred to Ottawa, Ontario. Once Fred retired from the Air Force, they eventually settled in Brampton, Ontario. Fred and Gayl started an Industrial Control business in 1976 and after 25 years, sold the business and retired to their cottage in Haliburton, Ontario. Their fairytale story ended after 58 years of marriage with the passing of Gayl on July 10, 2013. Fred enjoyed reminiscing of his time in the Air Force and with time spent with his wife Gayl. We loved to hear the many stories of their time spent together. Fred also enjoyed sitting on the patio, reading and looking at the gardens. He enjoyed Netflix and taking care of his cat, Muffy.

**Private Visitation, Memorial Service & Reception**

Funeral arrangements are private. As expressions of sympathy, donations to the Haliburton Highlands Health Services Foundation would be appreciated by the family. Funeral arrangements have been entrusted to the **HALIBURTON COMMUNITY FUNERAL HOME** 13523 Hwy. #118, Haliburton, Ontario (705) 457-9209

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# More public money needed for beds

by MARTHA PERKINS  
Editor

If Haliburton County wants to take full advantage of the \$2.3-million the province has

promised for up to 30 long-term care beds, the public will have to raise another quarter of a million dollars.

At Wednesday's meeting of the Haliburton County Planning and

Development Committee, they heard for the first time that the funding is based on a two-thirds/one-third split. That is, to spend the entire \$2.3-million, the public must contribute \$1.15-million.

TUESDAY, JULY 28, 1992



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## Ambulance service fate still on hold

by NANCY KUZMICH  
Staff Reporter

The fate of Haliburton County's ambulance service is still up in the air.

An initial meeting between the Ministry of Health and ambulance attendants left ambulance staff "totally dumbfounded." Although they were promised a six-month contract that would keep them in their same positions at the same rate of pay, the regional ministry representatives are selling a different line. The

*I'm sure something will work. I'm quite positive of that."*

Ian Douglas

attendants' chief concern was there was no talk of benefits.

A worried Ian Douglas, union steward of Local 314 of the Ontario Public Service Employees' Union and chairperson of the negotiating committee, went to Queen's Park last Tuesday to begin a marathon session of meetings with top ministry staff, including the director of personnel.

Although expecting to deal directly with the deputy minister, Douglas was pleased with the staff's attitude.

"They seemed to be on stream with us."

Last Friday, the municipality of Anson, Hindon and Minden issued a press release saying it had been asked by MOH to consider "options for interim operations of the Haliburton County Ambulance Service."

The release went on to say that all discussions with the MOH and OPSEU "were amiable and we are anticipating a positive outcome."

As of Monday, no final agreement had been reached but Douglas was hopeful there'd be some news by Thursday at the latest.

"I'm sure something will work. I'm quite positive of that."



Christine McQuaid enjoys a quiet time out with her family's pet goat at Saturday's Stanhope Fun Day. Not a minute went by without something to do or see at the popular summer event. At right, Christopher McGowan cools off by bobbing for apples. More photos are on Pages 14 and 15

## Drainville breaks rank

by MARTHA PERKINS  
Editor

If Dennis Drainville has his eyes on a cabinet post, he'll probably have to start using a pair of binoculars.

In a press release entitled "The Demise of Parliament," the Victoria/Haliburton MPP not only castigates the Opposition parties, but also takes aim at his own party.

"It seems that once a government, any government, is elected they are unwilling to change the status quo regarding the use of power," the first-time NDP parliamentarian says. "Parliament is now nothing more than the effec-

### 'Once a gov't is elected it's unwilling to change'

tive rubber stamping of the decisions made by a select few people who surround the first minister.

"Whether one looks to the House of Commons in Ottawa or to the Legislative Assembly of Ontario, it is clear that the People's voice is no longer heard in Parliament. Parliament as an institution is not dying, it is dead."

The most recent source of his ire is the government's recent "Parliamentary Reform."

Drainville writes, "On the one hand, the Government Members firmly believe that the Opposition is committed to obstructing every measure that they attempt to put forward. On the other hand, the Opposition Members are convinced that the Government is trying to stop them from performing their responsibilities as an effective Opposition. Both views are accurate and that's the problem. Neither side is willing to work in good faith."

"An example of this lack of good faith is the rule changes that were brought in recently by the Government. The Government called the rule changes 'Parliamentary Reform.' Rather,

Please turn to page 2

focus instead of splitting society into groups."

On principle he's not against building beds in Minden, but feels much more information is needed before such a public commitment is made.

Responding to Collins' assertion that the public needs some indication that the committee is moving ahead, Haliburton representative Hadden Gillespie said "it might be the wrong indication and if you have to back down, then you'll have (the people of Minden) on your back. It's like an endorsement."

Cliff Blair, who's blind, agreed. "If that was in the paper and my wife was to read that to me, it would look the committee wants to split the money. But if a feasibility study says differently, we will have to change our minds, so really we haven't made a decision. Why don't we stop meetings until the feasibility study."

(The feasibility study mentioned is being undertaken by St. Joseph's hospital, which owns the Minden and Haliburton Hospitals. Using funds it says the province promised to provide, it is studying the future of the Minden hospital, which is a wooden structure.)

At a previous meeting, St. Joseph's executive director, Frank Lussing, suggested building an acute care hospital onto Hyland Crest, the county-owned home for senior citizens. Collins calls the idea "obscene. You can't put an active hospital with taxis, sirens and lots of people next to a

Please turn to page 2

### inside the echo

#### Health Care chaos

Status of long term care confusing

#### editorial

See page 6

#### Moose Mania

Expert provides fascinating glimpse at creature

#### feature

See pages 12 & 13

#### Kids - n - Cops

Police reach out to inner-city teens

#### people

See pages 19 & 20

#### Future Forests

New approach needed for forest management says naturalist

See

#### County Life

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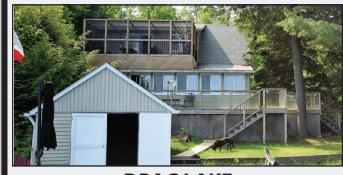
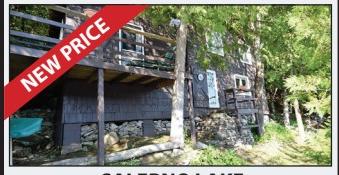
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